

AIRMAN INFORMATION - HIMS STEP DOWN PLAN

(Updated 01/27/2021)

IF YOU ARE AN AIRMAN:

1. Continue to work with your sponsor/physician/therapist/support group and get/stay healthy.
2. Do not fly in accordance with 14 CFR 61.53 if you relapse.
3. Permanent abstinence from mind and mood altering substances is required for the duration of the flying career.
4. Work with your HIMS AME to obtain any necessary evaluations and documentation.
5. When submitting information: Coordinate with your AME to ensure ALL ITEMS are COMPLETE. Incomplete packages will cause a DELAY IN CERTIFICATION.

When you have passed the required minimum time AND your HIMS AME recommends you are ready to have a decrease in monitoring requirements, they will submit a report verifying this information. The FAA makes the determination if you meet requirements to reduce monitoring requirements.

- Examples of MINIMUM required items and testing are listed in the [HIMS Step Down Plan illustration](#).
- You may require additional monitoring or testing based on your recovery.
- You may need to repeat a phase based on your recovery.
- Your HIMS AME is NOT Authorized to make changes.
- If and when appropriate, you will receive an updated Special Issuance letter with updated Special Issuance requirements.